



CHAMPIONS GYMNASTICS



FITNESS CLASSES FOR ADULTS

This class is for participants aged 17 years and over. It focuses on muscle toning with light or medium weights and light to medium cardio workout exercises. You do not need to be an expert; the class is mostly for beginners. However, advanced participants can be part of the class and be challenged at their own level of fitness !

You will be introduced to a fitness program based on your abilities and on your goals. These classes will help you achieve some muscle toning and improved general fitness. Maximum of 16 people per class. Note: Must not have undisclosed medical condition.

SCHEDULE

Mondays: 8:00 – 9:30 From Monday May 25 to Monday June 22 (Total of 5 classes)

COSTS

\$91.88 + \$23.50 A.G.F. Registration/insurance fee* + applicable G.S.T. *:

Valid from July 1 to June 30 of each year.

SPECIAL OFFER

There is also the option of paying a “drop-in” fee for a single try-out class (\$20.00 incl. G.S.T.)

EQUIPMENT REQUIRED

BEGINNER: Skipping rope, 5lbs hand-weights. No shoes required.

ADVANCED: skipping rope, 8lbs hand-weights & 2.5 lbs ankle weights. No shoes required.

COACH: Shaelyn Kissner

CALL NOW TO REGISTER! 780-440-0014